

# PREGNANCY & MPOX

While anyone can get mpox, current transmission rates among the public are low. Pregnant people could become very sick from mpox, so it's important to know the symptoms and prevention measures.

## WHAT IS MPOX?

Mpox is a disease caused by the mpox virus. It spreads mainly through skin-to-skin contact (hugging, kissing, sexual activity) with someone who has mpox. It can also spread by sharing items (bedding, towels, clothing, cups, utensils) with someone who has mpox.

## WHAT ARE THE SYMPTOMS OF MPOX?

People with mpox, including those who are pregnant, may develop the following symptoms. A main symptom is a rash that can look like pimples or blisters. These can appear on the face, inside the mouth, and on other parts of the body, like the hands, feet, chest, genitals, and anus. In some cases, people can spread mpox even before they develop visible symptoms



### OTHER SYMPTOMS



RESPIRATORY



FEVER & CHILLS



BODY ACHES



SWOLLEN LYMPH NODES



HEADACHE



EXHAUSTION

## HOW DOES MPOX IMPACT SOMEONE WHO IS PREGNANT?

Mpox can be passed to the fetus during pregnancy or to the newborn baby by contact with the mpox rash or sores during and after birth. Mpox in pregnancy can also lead to miscarriage, a baby being born too early (premature labor), or even a fetal death before delivery.

## HOW CAN YOU PREVENT THE SPREAD OF MPOX?

- Avoid close contact with anyone who has or may have mpox or who has an unexplained rash or sores.
- Ask your sexual partner or partners if they have a rash or sores or other mpox symptoms or have/could have been exposed.
- Avoid sharing items with someone who has mpox. Items should be cleaned and disinfected before used by others.
- If you have an active rash or other symptoms, stay in a separate room or area away from people or pets you live with. If you need to be around others in your home (i.e., caring for children or family members), cover up sores/rash and wear a mask.

## IS THERE A VACCINE OR TREATMENT FOR MPOX FOR PEOPLE WHO ARE PREGNANT?

The mpox vaccine is for those who consider themselves at risk for mpox and can help prevent infection and decrease serious illness. The vaccine can also be given to someone who was exposed to mpox within the first 4-14 days after an exposure. There is also treatment available for people who develop symptoms.

**Because pregnant people are at higher risk of becoming very sick from mpox, it is important to contact a health care provider right away if you notice symptoms or have been exposed.**